

ATHLETES

19th Common Wealth Games, Delhi 2010

S. No.	Name of Athletes	Event	Performance	Position
1	Vikas Gowda	Discus Throw	63.69M	Silver
2	M Renjith	Triple Jump	17.07M	Bronze
3	Harminder Singh	20km walk	1::23:33S	Bronze
4	KashinathNaik	Javelin throw	74.29M	Bronze
5	Abdul Qureshi Sameer Mon Rahmatolla RiteshAnanda BG Nagaraj	4x100m Relay	38.89S	Bonze
6	Krishna Poonia	Discus Throw	61.51M	Gold
7	Harwant kaur	-do-	60.16M	Silver
8	Seema Antil	-do-	58.46M	Bronze
9	Manjit Kaur	4x400m relay	3:27.77S	Gold
10	Ashwini AC	-do-	3:27.77S	
11	Mandeep kaur	-do-	3:27.77S	
12	Sini Jose	-do-	3:27.77S	
13	MA Prajusha	Long Jump	6.47M	Silver
14	KavitaRaut	10000m	33:05.28S	Bronze
15	HM Jyothi	4x100m relay	45.25S	Bronze
16	Sarbani Nanda	-do-		
17	S Geetha	-do-		
18	PK Priya	-do-		
19	Rebeca Jose	-do-		

1	Preeja Sreedharan	10,000M 5000M	31:50.47S 15:15.89S	Gold Silver
2	Krishna Poonia	Discus throw	61.94m	Bronze
3	Kavita Raut	10000m 5000m	31:51.44S 15:16.54S	Silver Bronze
4	Sudha Singh	3000mSC	9:55.67S	Gold
5	Manjit Kaur	4x400m relay	3:29.02Sec	Gold
6	Manjit Kaur	-do-		
7	Ashwini AC	-do-		
8	Mandeep kaur	-do-		
9	Sini Jose	-do-		
10	GG Pramila	-do-	5414PTS	Bronze
11	Tintu Luka	-do-	2:01.36S	Bronze
12	Ashwini AC	400mh	56.15S	Gold
13	Joseph Abraham	400mh	49.96S	Gold
14	Vikash Gowda	Discus throw	63.13M	Bronze

Olympic Games 2012, London

S. No.	Name of Athletes	Event	Performance	Position
1	Vikas Gowda	Discus throw	64.79M	8 th
2	Irfan KT	20km walk	1::20:21S	10 th
3	Om Prakash Singh	Shot put	19.86M	19 th
4	Krishana Poonia	Discus Throw	63.62M	7 th
5	Tintu Luka	800m	1:59.69S	11 th
6	Seema Antil	Discus Throw	61.91M	13 th

~~ASIAN TRACK & FIELD Championship (PUNE-2013)~~

S.No.	Name	Event	Performance	Medal
1	Vikas Gowda	Discus Throw	64.90M	Gold
2	Ms Poovama MR Ms Nirmala Tintu Luka Ms Anumariam Jose	4x400m Relay(W)	3:32.26S	Gold
3	Renjith M	Triple Jump	16.76M	Silver
4	Jithin Thomas	High Jump	2.21M	Silver
5	Prem Kumar	Long Jump	7.92M	Silver
6	Ms Poovamma MR	400m	53.37S	Silver
7	Ms Asha Roy	200m	23.71M(PB)	Silver
8	Sudha Singh	3000SC	10:09.80S	Silver
9	Satinder Singh	400m Hurdles	50.35S	Bronze
10	Samarjit Singh	Javelin throw	75.03M(PB)	Bronze
11	Omprakash	Shotput	19.45M	Bronze
12	Ms Dutee Chand	200m	23.81S(PB)	Bronze
13	Arpinder Singh	Triple Jump	16.58M	Bronze
14	Ratiram Saini	10000m	29:35.42S	Bronze
15	Ms Tintu Luka	800m	2:04.48S	Bronze
16	Ms J Hemashree	100m hurdles	14.01S(PB)	Bronze
17	Ms Mayookha Johny	Long Jump	6.30M	Bronze

VARIOUS International Events:-

S. No.	International Event	Medal			Total Medals
		Gold	Silver	Bronze	
1	Asian 20 Km Race Walking Championship held at Nomi City (Japan) from 8 th to 11 th March, 2013	-	-	01	01
2	Asian Grand Prix Series 2013 held at Thailand & Sri Lanka from 5 th May to 12 th May 2013	13	11	11	35
3	20 th Asian Athletics Championship held at Pune from 3 th July to 7 th July 2013	02	06	09	17
4	2 nd Youth Asian Games held at Nanjing(China) from 16 th to 24 th Aug 2013	01	01	02	04